

## CLAIMS

1. A composition for promoting sleep, comprising theanine.
- 5 2. Food comprising the composition of claim 1 for an individual having sleep disorders.
3. A medicament comprising the composition of claim 1 for an individual having sleep disorders.
- 10 4. A method for promoting sleep in an individual having sleep disorders, comprising administering theanine to the individual having sleep disorders.
- 15 5. Use of theanine for preparation of food or a medicament for an individual having sleep disorders.

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